

CLAIMS

1. A water-soluble extract of *Palmaria palmata* for use as an antiviral agent.
2. A water-soluble extract of *Palmaria palmata* for use as a medicament.
3. Use of water-soluble extract of *Palmaria palmata* for the production of a pharmaceutical composition effective against viruses.
4. Use according to Claim 3, wherein the composition is adapted for administration, orally, intravenously, or topically.
5. Use according to Claim 4, adapted for ingestion orally.
6. Use according to Claim 4 or 5, comprising a 200 mg. capsule, to be ingested three times daily.
7. Use according to Claim 3, 4 or 5, adapted for administration in the treatment of viruses of the Herpes family.
8. A foodstuff containing water-soluble extract of *Palmaria palmata*.
9. A method of recovering the water-soluble extract of *Palmaria palmata*, comprising drying the *Palmaria palmata* to a predetermined water content, comminuting the material to a fine powder and then dissolving the powder in water.

10. A method according to Claim 9, including the step of storing the powder at or below room temperature.
11. A method according to Claim 9 or 10, including the step of centrifuging the solution and recovering the supernatant.
12. A method according to Claim 9, 10 or 11, wherein the dried material is mixed with water in the ratio of 50g:300ml.
13. A method of treating Herpes virus infections in human or animal subjects, comprising applying to the subject a water-soluble extract of *Palmaria palmata*.
14. A method according to Claim 13, wherein the application is ingestion.

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